

Inclusive Cycling for All

What we do:

- ◆ Everyone welcome
- ◆ All equipment provided
- ◆ Adapted bikes
- ◆ Experienced volunteers
- ◆ Safe, friendly environment



Providing inclusive cycling for EVERYONE

Ideal for people with a disability or restricted mobility allowing them to experience the thrill and fun of wheeled recreation.

Families and carers who want to ride together can, in a safe environment

Suitable for all ages, the youngest rider so far was 3, our most senior, 98.

Complete beginners and those who need support to improve balance and confidence are welcome.

Full range of bikes and adaptive bikes provided.

Sessions lead by experienced volunteers.

We run sessions on the Tudor Grange running track in Solihull on Mondays and Wednesdays (see our website for details).

We are also delivering sessions in the community at sports centres, schools, care homes and residential (email us for more information)

“One of the best activities we have found”

“Just wanted to say how much the bikes have benefitted our son”

“I met and made new friends”

“I feel I have been more successful since I found my balance on two wheels”

“None of this would have possible without Wheels for All”



For times, prices, a location map and more information see our website (solihullwheelsforall.org), email us (solihullwfaenquiries@gmail.com) or find us on Facebook

